



## File of Life

**100 E. Cotton St.** | [Click here for map](#) [1]

[Fire Marshal's Office \(Arson Investigation/Fire Prevention\)](#) [2]

The FILE OF LIFE card enables medics to obtain a quick medical history when the patient is unable to offer one. The card eliminates the risk of the patient, who, in a frightened state, may forget to mention something important.

The card, which is kept in a red plastic pocket labeled FILE OF LIFE, lists the patient's name, emergency medical contacts, insurance policy and social security numbers, health problems, medications, dosages, allergies, recent surgeries, religion, doctor's name and a health care proxy. The entire pocket is held, with a magnet, to the outside of the refrigerator.

### File of Life Instructions

1. Fill out the medical card and be sure the information is accurate and legible. If necessary have someone assist you.
2. Use pencil where you fill in the medications and where you date the card to allow future updates.
3. When completed, place the file on the outside face of your refrigerator.
4. CALL 903-237-1119 to register your family. If you leave a voice mail please be sure to speak slowly and clearly so all information can be obtained correctly. Give your name, address and telephone number.

The 911 system will record that your household has a FILE OF LIFE. which allows emergency personnel to be prepared upon arrival at your home.

5. Keep all medical data up to date.
6. Whenever there is a change in medications or dosage be sure to change it on your card and redate the card.
7. Take the file with you when you visit your doctor.

[Download Brochure](#) [3]

**For more information call: 903-237-1119** | [Contact Us](#) [4]

**Source URL:** <http://fire.longviewtexas.gov/file-life>

### Links:

[1]  
[http://www.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=100+E.+Cotton+St.+ +longview](http://www.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=100+E.+Cotton+St.+ +longview)



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+Longview,+Gregg,+Texas+75601&ll=32.4938,-94.740407&spn=0.008398,0.01929&z=16  
[2] <http://fire.longviewtexas.gov/service/fire-marshals-office-arson-investigationfire-prevention>  
[3] <http://fire.longviewtexas.gov/sites/default/files/files/fire/file-of-life-brochure.pdf>  
[4] <http://fire.longviewtexas.gov/services-contact#firemarshal@longviewtexas.gov>